

**Nutrition and Medicine, 2006**  
**Tufts University School of Medicine**  
**Nutrition Assessment I & II:**  
**Lecture Outline**

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- I. Definition and Purpose
- II. Standard Methods of Evaluation of Nutritional Status (4 categories)
  - A. Anthropometric Methods
  - B. Dietary Assessment
    - Nutritional History
    - 1-7 Day Food Record
    - 24-hour Recall
    - “Usual” Daily Intake
    - Food Frequency Questionnaire (FFQ)
  - C. Laboratory Determinations for Evaluation
  - D. Clinical Physical Exam
- III. Dietary Assessment of the U.S. Population
  - A. National Health and Nutrition Evaluation Survey, 2001-02, NHANES Data
    - Total Population
    - Subset of Population
  - B. Nutrients of Concern
- IV. Standards for Evaluation of Dietary Intake
  - A. Dietary Reference Intakes, DRIs ( Includes RDA, AI and UL)
  - B. Food Pyramid
  - C. US Dietary Guidelines
  - D. Miscellaneous
  - E. Requirements for Energy
  - F. Requirements for Protein